

PMMS Winter 2023 Quarter 3 Menu

**Perry Township Schools follows the
USDA Nutrition Standards for
School Meal**

Students are offered weekly at lunch:

At least 2.5 c. fruit

At least 3.75 c. vegetables

8-12 oz. grain

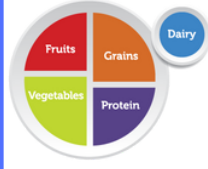
8-10 oz. protein

-Low fat/skim milk offered daily
-Lunches = 550-650 calories
-Must take fruit or vegetable at lunch

Students are offered a balance of **dark green, red/orange, starchy, beans/legumes and other vegetables** each week.

WG= Whole Grain

For menus, nutritional analysis, account payments, and balances, visit perryschools.org



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Chicken Patty on WG Bun Hot n Spicy Chicken Salad w/ Roll PBJ Uncrustable Fresh Veggie Tray w/ Dip Steamed Broccoli Canned/Fresh Fruit Milk	Nachos Grande Taco Salad w/ Tostitos PBJ Uncrustable Fresh Veggie Tray w/ Dip Refried Beans Canned/Fresh Fruit Milk	Hamburger/ Cheeseburger on WG Bun Ham & Turkey Croissant PBJ Uncrustable Fresh Veggie Tray w/ Dip Baked Beans Canned/Fresh Fruit Milk	Popcorn Chicken Bowl Yogurt/Cheese Stick/ Muffin PBJ Uncrustable Fresh Veggie Tray w/ Dip Canned/Fresh Fruit Milk	Chili Cheese Dog Chef Salad w/ WG Rolls PBJ Uncrustable Fresh Veggie Tray w/ Dip Corn Canned/Fresh Fruit Milk
WEEK 2	Spicy Chicken Wrap Hot n Spicy Chicken Salad w/ Roll PBJ Uncrustable Fresh Veggie Tray w/ Dip Steamed Broccoli Canned/Fresh Fruit Milk	Meatball Sub on WG Hoagie Taco Salad w/ Tostitos PBJ Uncrustable Fresh Veggie Tray w/ Dip Refried Beans Canned/Fresh Fruit Milk	Boneless Chicken Wings with Choice of Sauce Ham & Turkey Croissant PBJ Uncrustable Fresh Veggie Tray w/ Dip Green Beans Canned/Fresh Fruit Milk	French Toast Sticks w/ Sausage Patties Yogurt/Cheese Stick/ Muffin PBJ Uncrustable Fresh Veggie Tray w/ Dip Canned/Fresh Fruit Milk	Tony's Personal Pan Pizza Chef Salad w/ WG Rolls PBJ Uncrustable Fresh Veggie Tray w/ Dip Corn Canned/Fresh Fruit Milk

BREAKFAST MENU

Donut Holes Pop Tart Fresh Fruit Juice Milk	Tony's Breakfast Pizza Bagel Pop Tart Fresh Fruit Juice Milk	Otis Spunkmeyer WG Muffin Pop Tart Fresh Fruit Juice Milk	Albie's Breakfast Pocket Pop Tart Fresh Fruit Juice Milk	WG Breakfast Bar Pop Tart Fresh Fruit Juice Milk
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LUNCH ROTATION	JAN 2023					FEB 2023					MAR 2023					APR 2023					MAY 2023				
	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F
	2	3	4	5	6			1	2	3			1	2	3	3	4	5	6	7	1	2	3	4	5
	9	10	11	12	15	6	7	8	9	10	6	7	8	9	10	10	11	12	13	14	8	9	10	11	12
	16	17	18	19	20	13	14	15	16	17	13	14	15	16	17	17	18	19	20	21	15	16	17	18	19
	23	24	25	26	27	20	21	22	23	24	20	21	22	23	24	24	25	26	27	28	22	23	24	25	26
	30	31				27	28				27	28	29	30	31						29	30	31		
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